

Beef Empanadas

Yield - 100 beef empanadas



<u>Ingredients</u>	<u>Weights</u>	<u>Measures</u>	<u>How to Prepare</u>
Lean ground beef	2 lb. 8 oz	-----	1. In a large skillet coated with vegetable spray, brown the ground beef; pour off any drippings.
Bell pepper, chopped	1 lb. 4 oz.	5 cups	
Cumin	-----	¼ cup	2. Stir in bell pepper, cumin, garlic salt, and pepper; cook 2 to 3 minutes.
Garlic salt	-----	1 Tbsp. 1 tsp	
White pepper	-----	1 tsp.	3. Remove from heat. Stir in salsa and chopped eggs.
Salsa	96 oz.	3 qt	
Hard-cooked eggs, chopped	7 lb.*	64 large	4. Portion bread dough into 4-ounce pieces.
Frozen bread dough, thawed	25 lb.	-----	5. Roll out dough into 6-inch circles.
OR, prepared bread dough			6. Portion 1/3 cup (#12 scoop) filling in center of dough. Fold dough in half; seal edges and crimp.
*(if using peeled, hard-cooked egg product)			7. Place on coated baking sheets and bake at 400° F for about 20 to 23 minutes, until heated thoroughly and crust is golden brown.
			8. Let stand 5 minutes before serving or transfer to heated holding unit.

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----- **Nutrition Information Per Empanada:** -----

Calories = 284	Carbohydrate = 39 g	Vitamin A = 56 RE
Fat = 8.2 g	Dietary Fiber = 2 g	Vitamin C = 6 mg
Saturated Fat = 2.6 g	Sodium = 772 mg	Calcium = 123 mg
Protein = 14 g	Cholesterol = 142 mg	Iron = 3.5 mg

Meal Pattern: 1.5 oz. meat/meat alternate; 2 bread servings, if enriched; 1/8 cup fruit/vegetable.

Recipe provided by YumYum.Com. (Note: This recipe has not been standardized or tested by USDA).

Recipe Category: Sauces/Gravies.
 Key USDA Ground Beef.
 Commodity: Meats and Meat Alternates.
 Food Group: **Facts About USDA Commodities for Schools ...** For more information visit our web site at
 Fact Sheet Database: <http://www.fns.usda.gov/fdd/MENU/ADMINISTRATION/FACTS/cats.htm>.
 The FDD Program Support Team at: fdd-pst@fns.usda.gov.
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